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MEETING, PROGRESSIVE GARDEN CLUB.

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U. S. Department of Agriculture

A radio discussion by members of the Progressive Garden Club, W. R. Beattie, Bureau of Plant Industry, presiding, delivered through WRC and 41 associated radio stations of the National Broadcasting Company, Tuesday, March 17, 1931.

ANNOUNCER:

Today, the Progressive Garden Club is holding a special meeting to consider a number of questions relative to the planting and care of home gardens this season. The members are on hand, and are seated around the big table in the meeting room. Farmer Brown, an expert gardener, and Mrs. Brown, one of the best cooks in the county, who have been invited to attend the meeting, have just arrived. Suppose we connect you with their meeting room so that you can hear what is going on.

CHAIRMAN:

As I was saying when Mr. and Mrs. Brown came in, there is more than usual interest in gardening this spring, and people are preparing to plant gardens in order to have plenty to eat this summer. This is especially true of the farmers, many of whom have rather neglected their home gardens, but this year have resolved to have a good garden. Most farmers know how to plant and care for the ordinary garden crops, but we now have a number of newer or special crops listed in the seed catalogs, the culture of which is not always fully understood. Now our friend Brown here, is an "old-timer" when it comes to gardening, but I think he will admit that Mrs. Brown's cooking has a lot to do with his reputation as a gardener. How about it Brown?

FARMER BROWN (Teuton):

Yes, I'll have to admit that Mary's cooking does have a lot to do with it. I often say that it's a shame the way some people spoil good vegetables in the cooking.

CHAIRMAN:

Practical experience is what counts, and we have invited Mr. and Mrs. Brown to be with us today to give us the benefit of their experience. Getting the garden in shape for planting is very important, and I am going to ask Mr. Brown to tell us how he prepares the soil of his garden.

FARMER BROWN:

Well, to begin with, my garden is on the east side of the house, and well protected from the north wind by the barn and the tool shed. The ground slopes a little to the south, and the garden is about 250 feet long and 100

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feet wide, and there is a good five-foot woven-wire fence all around it. At the end next the barnlot, I have a gate for hauling in manure, and for bringing in a team for plowing or a horse for cultivating. You see I believe in saving as much work as possible, and I have the garden so arranged that I can do most of the work with horse-drawn tools. The soil of my garden is a deep, clay loam, and I spread 8 or 10 loads of well rotted manure over the ground every winter, and plow it under whenever the soil is fit to plow. I plowed my garden last week.

MR. PEACOCK:

By the way, Mr. Brown, how about fall plowing, do you ever plow your garden in the fall?

FARMER BROWN:

Yes, occasionally. I used to plow it every fall, but that was before I began planting rye and other cover crops on the ground late in the season. Now I leave the plowing until near spring to give the cover crops a chance, but I always plow them under before they make much of a top growth.

MR. PEACOCK:

I've found that my heavy clay soil is greatly improved by fall plowing and exposure to freezing and thawing during the winter.

FARMER BROWN:

That does mellow the soil.

CHAIRMAN:

My soil is a sandy loam and I leave the plowing until spring. Mr. Brown has stated that he plows under 8 or 10 loads of rotted manure. I would like to ask him if he uses any commercial fertilizer?

FARMER BROWN:

Yes sir ree! I broadcast about 300 pounds of a 4-8-4 fertilizer over the entire garden just before I harrow it, then I apply some more in the rows where I plant potatoes, sweetpotatoes, Lima beans and in the hills for squashes and melons. Just a handful in each hill, remember, and completely mix the fertilizer with the soil. For potatoes, I use a 5-8-7 and mix it very thoroughly in the bottom of the furrow before dropping the seed. For sweetpotatoes, I mark off the rows and sow the fertilizer then bed over it, using a one-horse plow to make the ridges or beds on which to set the plants.

MR. PEACOCK:

Mr. Brown, some one told me that you plant certified seed potatoes in your garden. Is that true?

FARMER BROWN:

Yes, I have planted certified seed for the last six or eight years, and I find that I have very little trouble with diseases. Besides the yields are better than from ordinary seed.

MR. PEACOCK:

Suppose, Mr. Brown, you tell us what is meant by certified seed potatoes.

FARMER BROWN:

Certified seed potatoes are grown under State inspection. Growers of certified seed are required to plant certified seed and to pull out all weak and diseased plants early in the growing season. The State inspectors make two or three field inspections of the plants and another of the tubers when they are being sacked for sale. When you buy certified seed potatoes be sure that there is a certification tag on each bag.

CHAIRMAN:

Suppose you could not get certified seed potatoes for planting -- what would you do?

FARMER BROWN:

Well, I would plant the cleanest, best uncertified seed that I could buy. In addition, I would treat the seed for about an hour in a solution of one ounce of corrosive sublimate in 8 gallons of water in a wooden barrel or tub. Remember that corrosive sublimate is a deadly poison.

MR. PEACOCK:

When do you plant your early potatoes, Mr. Brown?

FARMER BROWN:

Just about as early as I can work the ground. Some of my neighbors plant the latter part of February, others plant on the 17th of March -- St. Patrick's Day -- and a few still stick to that old idea of planting in the dark of the moon. I figure on planting my early potatoes whenever the ground is in good condition, and I think the season is far enough advanced to make it safe to plant.

CHAIRMAN:

Changing the subject, I would like to ask Mr. Brown if he has a hotbed or coldframe for starting early plants for his garden?

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FARMER BROWN:

Yes, I have a coldframe with sash to cover it. I start plants of tomato, pepper, and cabbage in boxes in the south windows of the dining room, then when the weather is warm enough, I transplant them to the coldframe. Cold nights, I cover the frame with a couple of old matting rugs to keep it warm. The frame is in one corner of my garden where it is well protected on the north by the tool shed and by an evergreen hedge.

CHAIRMAN:

This seems to be one time when the men are doing all the talking -- haven't you ladies anything to say?

FARMER BROWN:

Yes, let's hear from the ladies.

MISS PERRY:

I've just been waiting a chance to ask Mr. Brown if he has tried the new Marglobe tomato?

FARMER BROWN:

Yes, we have grown it for about three years, and we like it. This year, we are going to try another of the Department of Agriculture's new tomatoes, Break O'Day it is called, and they say it is about 10 days earlier than Marglobe. Mrs. Brown can tell you more about the quality of Marglobe tomato than I can.

CHAIRMAN:

How about it, Mrs. Brown, do you find the Marglobe a good table and canning tomato?

MRS. BROWN:

Yes, it is excellent. It has a deep red flesh, very few cracks and is smooth. I like the Marglobe for slicing, and it is the finest tomato I have ever found for canning. My canned Marglobe tomatoes took the first prize at the fair last fall.

MR. PEACOCK:

We've found the Marglobe to be highly productive even on land infested with the tomato wilt disease. It was developed for high quality and wilt resistance. When the plants of the Marglobe are properly fertilized the vines will stay green and continue to produce fruit throughout the season. In fact, it is the best all-round tomato we have ever tried.

MRS. BROWN:

We think it is the best canning tomato we have, and, Oh! it makes the finest tomato catchup.

CHAIRMAN:

Do you stake and prune your early tomato plants, Mr. Brown, or do you let them grow naturally on the ground?

FARMER BROWN:

I stake and prune about fifty plants and allow about the same number to grow on the ground. I think it pays to stake and prune a few plants for extra early fruit, but it don't pay to stake and prune late tomatoes.

MISS PERRY:

Mr. Brown, have you ever grown the new vegetable called sprouting broccoli? We tried it but I guess we didn't know how to grow or to use it.

FARMER BROWN:

Yes, I've tried Broccoli for three or four years. It took me quite a while to learn how to grow it. I plant two crops each season, an early and a late crop -- just like early and late cabbage. I start the plants for the early crop in the coldframe and set them in the garden about a week later than I plant early cabbage. About the middle of May I make another sowing and set the plants the latter part of June for a fall crop. The time of planting will depend upon where you are. In the South broccoli can be grown as a late fall and winter crop the same as collards, while in the North, it may require the whole season and mature during the late summer and early fall. Broccoli stands considerable cold, and like cauliflower, it requires a rich soil.

MISS PERRY:

What part of the plant do you eat, and how do you cook and serve it? We tried it but it was tough and we didn't like it.

FARMER BROWN:

The true sprouting, or Italian broccoli is a green, loose-heading cauliflower. First you cut off and use the main or center head, after that a number of smaller heads will form. You must use it while it is young and tender. Mrs. Brown - will you tell the folks how to prepare broccoli for the table?

MISS PERRY:

Yes, please do tell us, Mrs. Brown.

MRS. BROWN:

Well, -- I do it about this way. I take the tender heads with about four inches of the tender stems, wash them in cold water, peel the lower part of the stems, and cut them in slices lengthwise, then cook for about twenty minutes in just enough water to cover, adding a little salt to the water. You have to be careful to avoid over-cooking, and destroying the green color and crispness. One of my neighbors removes the heads from the stems, cuts the stems into pieces, and breaks the heads into sections. Then she puts the stems in a saucepan with a little salt and enough water to cover, and cooks them for about ten or twelve minutes, then adds the heads and continues the cooking until tender. She says that the heads will be cooked to pieces before the stems are tender if you cook the stems and heads together for the full time. When the broccoli becomes tender, and before it has lost its color and crispness,

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place it in a hot dish and cover with Hollandaise sauce. I often serve it with drawn butter, or with melted butter poured over it. It is very nice when served with a little mayonnaise or with lemon juice or vinegar.

FARMER BROWN:

Yum! Yum! It makes me hungry just to hear Mary tell about it. By the way, I'm fond of Swiss Chard as a summer greens, and it's cooked and served about the same as broccoli. Swiss Chard is easy to grow; you plant it the same as garden beets, and use the young, tender stems and leaves.

MISS PERRY:

I've often wondered why northern people don't use turnip greens in the spring of the year like the southern people do?

CHAIRMAN:

That's easy to answer. It's because they can't get them. You see turnips live over winter in the ground in the South, and produce a nice tender crop of greens in the late winter or early spring. They sure are good when cooked with a little smoked ham or bacon.

MR. PEACOCK:

Asparagus is my favorite early vegetable. We have about 100 hills in our garden which gives us plenty for a family of six. We planted the new Mary Washington variety and it's simply wonderful. My plants are set 30 inches apart in a single row at one side of the garden where they are not in the way of plowing. About the time we stop cutting we put on plenty of manure and fertilizer, because we have found that it pays to feed the asparagus plants well if you want them to feed you next spring.

MISS PERRY:

I would like to ask Mrs. Brown about Kohl-rabi. We grew it in our garden one year, but it was tough and woody.

MRS. BROWN:

Kohl-rabi is easy to grow and can be grown most anywhere on rich soil, but you must use it just at the right time. It is like early spring radishes -- at its best only for a day or two. Don't wait for the swollen stems to become large but use them when they are only about half grown and tender. You can get the seed in almost any seedstore.

CHAIRMAN:

How many of you folks have tried growing the big, yellow Spanish, or Valencia, onion? Last year I planted about a teaspoonful of the seed of this onion in my hotbed, and transplanted the little plants to a row about 100 feet long in my garden. I gathered a bushel of fine onions, and we are still using them.

MISS PERRY:

Do any of you grow Okra in your gardens? Perhaps you have tried this southern vegetable in your garden, Mr. Brown?

FARMER BROWN:

Oh yes, I've grown okra in my garden for many years. It is a southern vegetable, but it can be grown as far north as southern Ohio, or, anywhere from the Mason & Dixon Line southward, and, in many places, north of that old historic line. It's just about as easy to grow as corn or cotton, and the young, tender pods are very good in soups and stews. Okra is a warm weather plant so don't plant it until the ground is quite warm. Perhaps Mother Brown will tell you how she cans okra and tomatoes for winter use.

MRS. BROWN:

Easiest thing in the world. I select the okra pods while they are young and tender, and while the seeds are still small and soft, and cut them into thin slices. Next, I scald and peel enough well ripened tomatoes to make three quarts for each quart of sliced okra. The okra and tomatoes are then placed together in a granite or aluminum kettle and cooked until they are thoroughly blended. Do not cook okra in an iron vessel, as the iron will darken it. After thorough cooking, fill the okra and tomatoes into tin cans or glass jars and seal while boiling hot.

Another method is to heat the okra and tomatoes, in the same proportions, in an open kettle, then as soon as hot fill into cans, seal, and plunge into boiling water and cook in the boiling water for one hour. In the winter, all you have to do is to add the okra and tomato combination to your soup stock, and cook thoroughly, and you have a delicious soup.

CHAIRMAN:

That sounds good to me. I'm like Mr. Brown, and I seldom have to be called twice when dinner is ready. Now folks, in our meeting today, we have talked about a number of the special vegetables that most of you can grow in your gardens, in addition to the old standbys, but the main point that we want to carry home with us, is that all of us who live on farms should have good gardens, and grow plenty of fresh vegetables for our tables. In closing our meeting I want to especially thank Mr. and Mrs. Brown for giving us so much helpful information. We hope they will meet with us quite often.

FARMER BROWN:

Indeed, we will, in fact, I think Mrs. Brown and I would like to become members of the Progressive Garden Club.

1. The first part of the report is a general
introduction to the subject of the study.
It is followed by a description of the
methodology used in the study.
The third part of the report is a
discussion of the results of the study.

The results of the study show that there is a
significant difference between the two groups.
This difference is due to the fact that the
first group was exposed to a higher level of
stress than the second group.

The results of the study also show that the
first group was more likely to experience
anxiety and depression than the second group.
This is due to the fact that the first group
was exposed to a higher level of stress.

The results of the study suggest that there is a
need for further research on the effects of
stress on mental health. This research should
focus on the development of effective
interventions to reduce the negative effects of
stress.

The results of the study also suggest that there is a
need for further research on the effects of
stress on physical health. This research should
focus on the development of effective
interventions to reduce the negative effects of
stress.